

**Æfingatafla Knattspyrnudeildar ÍR  
Vetur 2022-2023**

Flokkur/Aldur	Mánudagur	Þriðjudagur	Miðvikudagur	Fimmtudagur	Föstudagur	Laugardagur	Sunnudagur	Umsjónarþjálfari
<b>8.fl. barna ('17 og yngri)</b>	Knatthús 16:30-17:30		Knatthús 16:30-17:30					Jóhann Ingi Jóhannsson 698-9681 johanningi@kopavogur.is
<b>7.fl.ka. ÍR-ungar (2016-2015)</b>	Knatthús 15:30-16:30		Gervigras 15:30-16:30		Knatthús 15:30-16:30			Piotr Wojdat 892-9827 piotr@hafnarfordur.is
<b>7.fl.kv. ÍR-ungar (2016-15)</b>		Knatthús 14:30-15:30			Knatthús 14:30-15:30	Gervigras 12:00-13:00		Gunnar Olgeir Harðarson 824-6739 gunnarol2010@gmail.com
<b>6.fl.ka. (2014-13)</b>	Knatthús 14:30-15:30		Knatthús 14:30-15:30	Gervigras 15:30-16:30				Arnar Steinn Einarsson 821-9941 arnarsteinn@ir.is
<b>6.fl.kv. (2014-13)</b>		Knatthús 14:30-15:30	Knatthús 14:30-15:30	Gervigras 14:30-16:30				Katrín Arna Kjartansdóttir 898-3977 katrinkjartans@gmail.com
<b>5.fl.ka. (2012-11)</b>	Gervigras 16:15-17:30	Gervigras 16:30-17:45		Gervigras 16:15-17:30		Knatthús 11:00-12:00		Gunnar Olgeir Harðarson 824-6739 gunnarol2010@gmail.com
<b>5.fl.kv. (2012-11)</b>		Gervigras 15:30-16:30	Knatthús/Gervigr. 17:30-18:30	Gervigras 1/2 17:40-18:45		Gervigras 10:30-11:30		Orri Erlingsson 868-6599 orrierlingsson@gmail.com
<b>4.fl.ka. (2010-09)</b>	Knatthús 17:30-18:30		Gervigras ½ 16:30-17:45		Gervigras 16:30-17:45	Gervigras 12:00-13:00		Ómar Atli Sigurðsson 661-8373 omaratli@gmail.com
<b>4.fl.kv. (2010-2006)</b>	Gervigras/knatthús 17:30-18:45		Knatthús/Gervigr. 17:30-18:45		Gervigras 17:30-18:45	Gervigras 12:00-13:30		Ásdís Erna Viðarsdóttir 615-8000 asdis@lagafellsskoli.is
<b>3.fl.ka. (2008-07)</b>	Sportablar	Sportablar	Sportablar	Sportablar	Sportablar	Sportablar	Sportablar	Yfirþjálfari
<b>3.fl.kvk (2004-06)</b>	Sportablar	Sportablar	Sportablar	Sportablar	Sportablar	Sportablar	Sportablar	Ásdís Erna Viðarsdóttir 615-8000 asdis@lagafellsskoli.
<b>2.fl.ka. (2004-06)</b>	Sportablar	Sportablar	Sportablar	Sportablar	Sportablar	Sportablar	Sportablar	Halldór Arnarsson 661-4298 <a href="mailto:Halldor.arnars@gmail.com">Halldor.arnars@gmail.com</a>

**ATH: Æfingatöflur eru birtar með fyrirvara um breytingar á tímasetningum**

**Yfirbjálfari knattspyrnudeildar**  
**Arnar Steinn Einarsson**  
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